



THAI MUSCLE CAMP

"TRANSFORM MORE THAN YOUR BODY— TRANSFORM YOUR LIFE"

WHAT IS THAI MUSCLE CAMP?

What began15years ago as a bodybuilder's escape has evolved into a **complete lifestyle reset**—a powerful, immersive workshop in personal transformation. This is **not a bootcamp**, and it's not a holiday with a few workouts thrown in.

Thai Muscle Camp is an elite fitness and personal development retreat designed to ignite lasting transformation in body, mind, and spirit.

Born from over 30 years of competitive bodybuilding experience, with 6x Mr. Australia Rohan J Reid, this is a place where high-performance fitness meets deep personal reset.

You'll train, reflect, break patterns, and return home with tools that last a lifetime.

"We use bodybuilding as the lens, but the focus is YOU—your mind, your standards, your future."

This is a **complete personal transformation system**—physical, mental, and emotional—delivered in paradise.











Thai Muscle Camp is about YOU. This is your time to focus entirely on your growth—physically, mentally, and emotionally.

- Transform your body with custom training plans.
- Learn secret exercises and nutrition hacks I've honed over decades.
- Connect with like-minded people who will support your journey.
- Push your limits and discover what you're truly capable of.





WHAT TO EXPECT

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- Transform your body with custom training plans.
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- Connect with like-minded people who will support your journey.
- Push your limits and discover what you're truly capable of.

Whether you're rebuilding after a breakup, rebalancing after burnout, or rediscovering your purpose, this experience is designed to unlock your next chapter.







✓ DAILY TRAINING & PERFORMANCE

- Group weight training + cardio (all levels, beginner-friendly options included)
- Beach sessions, pool conditioning & mobility-based recovery work
- Access to Pattaya's world-class gyms and elite training facilities
- Expert programming based on 30+ years of competitive bodybuilding experience
- Technique coaching, pacing strategies, and proven systems that get results
- Learn secret exercises and training hacks refined over decades

✓ NUTRITION & SUPPLEMENTATION

- Pre/post-workout fueling systems (includes fully tailored supplement package)
- Smart eating made simple—no fluff, no bro science
- Practical tips for eating clean in Thailand (plus some street food strategies!)
- Learn how to fuel for energy, aesthetics, and real-world performance
- Build a personal nutrition plan that actually fits YOUR body and goals
- Get support with local food markets, budget eating, and Thai food hacks



MINDSET, DISCIPLINE & IDENTITY

- Daily prompts & micro-lessons on resilience, discipline, and focus
- Journaling, goal-setting, and evening wind-down rituals
- Temple visits & guided reflections that lead to real inner breakthroughs
- Learn how to redefine your standards, perception, and personal identity
- Unlock the confidence and charisma that's been buried under stress and routine
- Buildthe tools to navigate life with clarity, control, and purpose

RECOVERY & RESILIENCE

- Signature deep-tissue Thai massage (physio-informed and bodybuilding-friendly)
- Integration of traditional Thai and remedial Western recovery methods
- Learn strategies for managing energy, avoiding burnout, and staying consistent
- Daily practices to improve mobility, recovery, and emotional regulation



✓ CULTURE, COMMUNITY & TRANSFORMATION

- Immerse yourself in authentic Thai culture and the spirit of Pattaya
- Visit iconic temples and historical landmarks for cultural reset
- Experience the world-renowned Pattaya bodybuilding culture and gym scene
- Improve yourself alongside like-minded men all striving for something greater than aesthetics
- Build meaningful connections with a tight-knit group of men on the same journey
- Discover the power of a brotherhood built on growth, grit, and vulnerability





GETTING THERE & LOGISTICS

We recommend flying from Melbourne on Jetstar Flight JQ29 - ex Melbourne

Return options include:

- Sunday (JQ76 to Perth + VA682 to MEL)
- Tuesday Wednesday (Jetstar JQ30) for those wanting a longer wind-

down

Please book your own flights ex Melbourne where possible.

Consult with us for logistics and timings

If needed, we'll help coordinate with other Campers.



✓ What's Included in Your Investment

YourThai Muscle Camp experienceincludes everything you need to focus on transformation —without distraction or decision fatigue. From the moment you arrive, you'll be guided through expertly crafted training sessions, fully supported nutrition systems, daily mindset and recovery practices, and cultural immersion activities. All meals, group workouts, structured routines, guided mobility, massage therapy, coaching support, temple visits, and transport during the retreat are included. Plus, you'll receive a full supplement stack tailored to your training intensity and recovery needs, and lifetime access to a curated knowledge baseand personal development resources. The only thing not included? Excuses.

What's Included in Your Investment

You'llstay in a modern, private serviced apartment in the heart of Pattaya Beach—offering the perfect balance of comfort, convenience, and quiet. Each apartment comes fully furnished with an en-suite bathroom, air conditioning, a small kitchenette, high-speed Wi-Fi, and housekeeping service. We've chosen this location for its walkability, safety, and close access to training facilities, fresh markets, and cultural landmarks. You'll have the privacy to recharge after intense days, while also being close enough to connect with fellow Campers and the rhythm of Thai life. It's more than just a place to sleep—it's part of the transformation.





PRICING & PAYMENT

- Deposit: \$1,000 AUD to secure your place Balance: \$3449 AUD, payable in cash
- upon arrival in Bangkok (unmarked bills in an unsealed envelope with your name)
 Ask about tax our incentives

Optional extended stays:\$250AUD/day(includes safe food, care, workouts, massage, translation, & accommodation)

SUPPORT BEFORE CAMP

You'll start receiving daily motivational emails written by "The Chief" (your lead coach) including:

21 Days Before Departure:

- Daily motivational and instructional emails to prep your body, mind, and expectations
- Packing list, visa info, currency tips, and "What To Expect" guides
- Access to our Google Drive is a treasure trove of information, articles, and Ebooks written and selected by the Chief
- Access to our private WhatsApp group to meet other attendees and ask questions



Why Thailand?
Because freedom requires
distance.

Step out of your old identity, your inherited culture, and your autopilot habits.

Thailand gives you the space to become you—without the mask.





DURING CAMP: JUST-IN-TIME SUPPORT SYSTEM

You'll receive 4 daily "just-in-time" messages directly to your phone. These are perfectly timed nudges to keep you focused and aligned:

010600 — Morning Mindset + Dress Code Tip

- "What to wear, what to bring, what to think going into today"

 1030 Pre-Workout Energy Cue
 - "Key mental cue + movement prep + intention before you hit the weights"
- 1330 Nutrition Reminder + Recovery Tip

 "Eat this now, avoid that later. + hydration + smart muscle care"
- 042100 Night Wind-Down Prompt

"Reflect, log, and let go. Build tomorrow's champion tonight."

These messages reduce decision fatigue, build daily rhythm, and accelerate habit formation. Along with messages before every optional evolution that will update you on what to expect, and daily Class notes before every training session, to help you be focused, informed and aware, getting the most out of every experience.

All through the camp, the Chief is present and available for insight and wisdom on how to get the most from the experience and your body and life.



SAMPLE DAILY FLOW (SUMMARY)

0655: Thermo Whey Shake

The day starts with a bang! Fuel your muscles with our Thermo Whey – a powerful shake to kickstart your metabolism and set you onthe path to greatness.

0700: Cardio Walk (Weather Permitting)

If the sun is shining, we'll take our cardio outside and enjoy the fresh air while we walk! !! If it's rainy, no problem – we'll take the action indoors and still get that heart rate up!

0800: Breakfast

Get ready for a breakfast that's built for champions! Plenty of fresh foods. It's clean, it's lean, and it's packed with everything you need to power through.

1030: Pre-Workout Shake

The energy is rising, and now it's time to prep your body for the workout to come with a preworkout shake. This is your power-up moment.

1100: Training: Body Part Focus

Time to hit the gym! Whether we're crushing chest, legs, back, or shoulders, our training sessions are designed to target and shape your body for maximum results. Bring your Agame!

1200: Post-Workout Shake

Your musclesarehungry, and we've got the perfect post-workout shake to help with recovery and musclegrowth. Drink up – you've earned it!

1230-1330: Lunch - Protein Power!

Our hearty lunch will refuel you with chicken, pork, or fish paired with rice & salad. You're going to need this protein power to keep your energy levels up for the rest of the day!



1500: Massage Time

After all that hard work, you deserve some relaxation. A deep, rejuvenating massage is just what your body needs to recover, unwind, and prepare for tomorrow. I wish we could offer that, but our massage team has been trained to give you the best treatment to elongate and reduce adhesions in your musculature, there may be periods of discomfort but they will be inispersed with periods of laughter and lessons about culture, We believe that there is no where else you can get this combination of Traditional Thai and remedial massage except at Thai Muscle Camp

1700: WPC Shake or a Nourishing Snack

At this time, we offer a WPC shake or some fresh young coconut water. Feeling extra hungry? Chicken & steamed vegetables are also available to keep those muscles nourished.

2000: Dinner - End the Day Right

We'll finish off the day with a solid dinner, featuring chicken, beef, or fish, all served with fresh, tasty vegetables. You've worked hard, and this meal will leave you feeling satisfied and ready for a good night's rest.

Thai Muscle Camp is where you finally put yourself first—and get a structured system that teaches you how to sustain it long after you leave.







WHO IS THIS FOR?

This is not for everyone, This is for men ready to level up and reclaim their edge—physically and mentally.

It's especially ideal for:

- Men getting back in shape coming out of a breakup, burnout, or midlife rut Feeling lost, disconnected, or stuck in unhealthy patterns
- Those diagnosed with ADHD who are looking for clarity without medication
- High-achievers who've lost direction and need a system reset, wanting to live deliberately, not by default...
- Anyone seeking confidence, structure, discipline, purpose and charisma

"If you've been craving authenticity while secretly feeling like a fraud, this is your wake-up call."



WHO IS THIS FOR?

This camp is for men who are:

- Carrying stress, ADHD, low confidence, or the weight of unfulfilled potential
- Tired of quick-fix programs and looking for real transformation
- Craving authenticity, but often feel like a fraud or outsider
- Ready to drastically improve their appearance, mindset, and impact
- Curious to learn from an unlikely champion who's lived through it all
- Wanting to create a life and look of significance, not just a short-term result

"You don't rise to the level of your goals. You fall to the level of your systems. Let's build the system that rebuilds YOU."



WHAT MAKES US DIFFERENT?

- You're not treated like a number. We treat you like a future legend.
- We don't push you until you break. We teach you how to build.
- There's no fake guru speak or supplement shilling—just truth, tools, and transformation.
- No cookie-cutter plans—everything is real, tested, and personal.
- We don't scream at you—we mentor you.
- We don't sell you gimmicks—we give you tools.
- You'll return with a system for resilience and results, not just a tan and a protein tub.

"This is not a hype-based experience. This is craftsmanship for your life."







Because change doesn't happen inside the same cage that built you.

And you can't rewire a life while still plugged into the Matrix that programmed it.

Because change demands distance from your culture, your routine, and the expectations that quietly shaped your identity.

At Thai Muscle Camp, we cut the cords.

We guide you out of your default patterns, habits, and head noise and rebuild the man you choose to be.

Physically. Mentally. Emotionally.

This isn't just sunshine and workouts.

It's a controlled burn—a full system reset in a place far enough from your daily life that you can finally see it.

The roles you've been performing—CEO, provider, divorcee, the stoic man holding it all together? Here, they lose their grip. Because out here, nobody knows who you're "supposed to be." And that anonymity? That's freedom.

The cultural constructs, labels, and expectations that shaped your identity back home? Gone. Out here, you get to hit reset. Strip away the roles you've been performing

Because culture, for all its beauty, can also be a straitjacket—stitched together from inherited rules: "Fit In.."

"Don't ask for help." "Don't spend on yourself." "Shrink to fit." "Silence is strength."

None of that is true. It's just tradition dressed up as identity.

Your body, your energy, your confidence—it's all built on the minimum standard you accept for yourself. Change the standard, change the man.

And you can't do that, trapped in the Matrix you've been living in.

You'll still be you, at least in the legal sense.

But with higher standards.

A forged presence.

A body and mindset that doesn't break under pressure.

This isn't escapism. It's evolution.

And the first step?

Leaving the noise far enough behind to finally hear yourself think.

Thailand gives you space. A new lens. A break in the rhythm that carved your current self.

Here, we rebuild—your discipline, your physique, your emotional armour—without the bullshit of your old environment echoing in your ears. You'll still be you, just a stronger, leaner, clearer, more magnetic version. The kind of man people stop and take notice of. Not because you're showing off...

But because you've become someone worth watching.



What could I possibly learn

🗘 🔂 The 8 Rules of Zen Bodybuilding

Because getting jacked is easy.

Staying powerful, pain-free, and dignified takes wisdom.

This isn't something you'll find on YouTube, Instagram, TikTok, or even ChatGPT.

We're not here for clicks, hacks, or algorithm tricks.

The 8 Rules of Zen Bodybuilding aren't trending because they're not designed for influencers.

They're built for warriors—for men looking to outlast, outlift, and outlive the chaos.

Each day of Thai Muscle Camp, you'll learn one rule.

Not from a video.

Not from a course.

But in your body. In your breath.

In the sweat-soaked stillness between reps.

These rules aren't about aesthetics—they're about mastery.

They'll make your training more effective, your joints less wrecked

and your time under the bar more sacred.



Always Look Cool.



Because there's power in composure, and strength without style is just a tantrum in gym gear.

You've trained before, maybe for years.

But no one taught you this.

I've travelled and trained with the top coaches from around the world to hone my craft.

No one gave you the operating system for training with precision, longevity, and presence.

Most people burn out. Get hurt. Fall off.

Why?

Because they never learned the invisible layer of wisdom that makes the effort stick. Zen Bodybuilding isn't just about bigger muscles—it's about bigger presence, deeper awareness, and a training practice that makes you better at life, not just better at biceps.

Forget what you think you know.

This is where your training finally becomes art.





Wait, there's More Wait, there's More

THE HABIT BUILDER SYSTEM

What if 8 simple habits could rebuild your discipline, sharpen your mind, and flip the switch on the man you were meant to be?

The **Thai Muscle Camp Habit Builder** is a battle-tested framework designed to rewire high-performing men who've lost their edge. Over 8 days, you'll layer in 8 precision habits—each backed by neuroscience and used by elite military operators—to crush procrastination, stabilise emotions, and build unshakable consistency.

This isn't productivity porn or some "morning routine" fluff. It's **real-world discipline for men who lead**, men who've taken hits, and men who are done living on autopilot, overwhelmed and stressed.

✓ What is it?

A structured, plug-and-play daily habit system that evolves each day of Thai Muscle Camp—stacking wins and building momentum.

Why does it work?

Because we've stripped out the Fads & fluff and focused on what actually changes male behaviour—habit friction reduction, dopamine mastery, circadian control, and deliberate adversity exposure. Based on our work with Military operators and Adventure therapy studies, we feel it is an excellent place to build structure and discipline around aspects that deeply affect our sense of health

How does it work?

Each day, you'll lock in **one new high-performance habit**—by Day 8, you'll be running a complete **discipline system** you can maintain for life. No journaling apps. No 5 AM club. Just **elite structure**, **grounded science**, and masculine accountability on the middle path.

The Science of Habit Building (a.k.a. Doing the Sh*t You Don't Want to Do)

When you force yourself to do something uncomfortable—wake up early, train hard, eat clean—you're flexing a brain region called the anterior midcingulate cortex (aMCC). Think of it as your brain's grit muscle. It's where willpower, error detection, and decision-making all meet.

Studies show that consistent activation of the aMCC, by doing difficult but meaningful tasks, literally builds structural resilience in the brain. It's like strength training for your discipline.

(Source: Holroyd & Yeung, 2012; Shackman et al., 2011)

But here's the catch: willpower is a limited resource. Relying on it alone will burn you out. That's why habit is king. Habits take the pressure off willpower by automating decisions.

(Source: Baumeister et al., 1998 – "Ego depletion" studies)

So when you stack one small habit per day, you're creating a structure your brain can follow without thinking, saving willpower for when it really matters.

Wait, there's still more

🧪 BUT WAIT, THERE'S MORE...

Here are 8 Elite Extras you won't find in any gym, guru seminar, or self-help book:

1. 98 Rules of Zen Nutrition

Not a diet. A code.

Learn how to eat like a man who respects his body, understands fuel, and stops chasing trends. Simple rules. Deep results. Built for longevity, testosterone, and clean energy.

2. \$\frac{1}{2}\$ 8 Tenets of Zen Grooming for Masculine Men

Get your edge back—inside and out. Barbershop shaves, scrubs, facials and manicures. From skin to scent to presence.

Daily practices to reclaim power in how you show up in the world. Looks good. Smells better.

Sharpens identity.

3. Quantum Jumping for Confidence & Career Clarity The science (and psychology) of becoming your next-level self. We'll teach you how to overcome hesitation and access the mindset of the version of you that already wins. Used by special forces and peak performers. Now, it's yours.

4. 👗 Guided Meditation at a Thai Temple

Stillness is strength.

Experience silence, surrender, and breakthrough at a sacred Thai temple. It's not religious—it's revelation. One you'll carry back into your busy life.

5. 5 Full Supplement Protocol Provided

No guessing. No Googling. No overpriced hype.

You'll receive a full spectrum of performance-enhancing, health-optimizing, recovery-supporting formulas—tailored to your journey.

Everything you need. Nothing you don't.

6. Cardio Confessions with The Chief

Raw, unfiltered, live storytelling while we move.

These morning cardio sessions break more than a sweat—they break walls.

Truth bombs, hard-earned wisdom, and cultural rewiring through tales that hit hard and heal deeper.

7. @ Adventure Add-Ons: Guns, Markets, Culture

Choose your thrill.

Handgun training, Thai night markets, Muay Thai,

rooftop dining, traditional tattoos and even silent temples in the jungle.

Because the body transforms best when the soul is curious.

8. Return-Home Ritual Blueprint

You won't just leave with abs.

You'll leave with a personal blueprint to carry your habits, structure, and discipline back home. Includes accountability systems, reintegration strategy, and real-world planning to make this stick.

What you'll be:

A calmer, clearer, sharper version of you—present, driven, and self-led. Not just "fit"—but dangerous in all the right ways.





FINAL THOUGHT

"Ask yourself: How many times in your life will you get to focus solely on you, your growth, your habits, your mindset, your appearance impact, and charisma —for 9 days straight... with a mentor who's walked the path, and a crew who've got your back?"

This is your time, your reset.

No distractions.

No excuses.

Just 8 days to completely rewrite your story.



READY TO RESERVE YOUR SPOT?

- thaimusclecamp@gmail.com
- @ThaiMuscleCamp

We potentially run just 5 camp
experiences a year.
There are only 10 Spots for this
experience each Year.
Spots are strictly vetted and limited to
ensure quality. Don't wait.



